






Mon	Tue	Wed
NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.  = Meal contains more than 1000mg sodium		
5 10:30 Dancing, lunch room 11:45 LUNCH MENU Sesame Orange Chicken Brown Rice Green Salad Orange 1:00 BIG BINGO, lunch room	6 11:45 LUNCH MENU Swedish Meatballs Over Egg Noodles Baked Tomato Spinach and Cheese Salad  Pineapple 1:00 Movie, Star Trek	7 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Chicken A La King Brown Rice Pilaf Seasonal Vegetables Apples 12:45 Bingo, lunch room
12 10:30 Dancing, lunch room 11:45 LUNCH MENU Sloppy Joes OR Cheeseburger Tomato & Onion slices Coleslaw Fresh Fruit Sugar- Free Gelatin 	13 8:30 HICAP 9:15 Eyeglass Repair 11:45 LUNCH MENU Oven Roasted Chicken Breast Brown Rice Sautéed Fresh Broccoli, Cauliflower, and Carrots Salad Peaches 1:00 Movie, Serious Man 2:00 Hearing Screening	14 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Beef Stuffed Bell Pepper w/ Sauce Marinara Noodles w/ Garlic and Fresh Basil Italian Blend Vegetables Fresh Fruit 12:45 Bingo, lunch room
19 10:30 Dancing, lunch room 11:45 LUNCH MENU Chicken Enchilada Mexicali Corn w/ Bell Peppers  Low-Sodium V-8 100% Vegetable Juice Fresh Fruit 2:00 Newcomers Group	20 11am information + Referral 11:45 LUNCH MENU Szechwan Chicken Garden Salad Brown Rice Sautéed Cabbage Pineapple 1:00 Movie, Love Happens	21 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Beef Stew Green Salad Whole Grain Bread Au Gratin Potatoes Citrus 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting
26 10:30 Dancing, lunch room 11:45 LUNCH MENU Spaghetti w/ Meat Sauce Marinated Salad Sautéed Fresh Broccoli Fruit	27 9:15 Eyeglass Repair 11:45 LUNCH MENU Corn Chowder & Fish  Hard Boiled Egg Whole Grain Roll Sautéed Asparagus Orange 1:00 Movie, Hurt Locker 1:00 HICAP	28 10:30 Line Dancing, lunch room 11:45 LUNCH MENU BBQ Chicken Pasta Salad Cauliflower & Carrots Apple 12:30 Alzheimer's Screening 12:45 Bingo, lunch room

Thu	Fri
1 10:30 Dancing, lunch room 11:45 LUNCH MENU Chicken Asparagus Pecan Pasta Penne Pasta Caesar Salad Tropical Fruit Cup Sugar-Free Jello 1:00 SALA Appts	2 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU Breaded Fish Filet Sautéed Cabbage, Carrots, and Mushrooms Whole Grain Roll Citrus 1:00 Movie, Swing Vote
8 10:30 Dancing, lunch room 11:45 LUNCH MENU Baked Fish w/ Seasonings Sweet Potatoes Seasoned Broccoli Whole Grain Roll Fresh Fruit	9 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU Pasta Primavera w/ Ham Whole Wheat Spaghetti Garlic Bread  Garden Salad Banana and a Oatmeal Cookie 1:00 Movie, Star Trek
15 10:30 Dancing, lunch room 10:00 VTA Cards 11:45 LUNCH MENU Chicken Cordon Bleu w/ Ham Pesto Whole Wheat Noodles  Green Salad Green Beans Mandarin Oranges 1:00 SALA Appts	16 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU Chinese Pepper Steak Fried Brown Rice  Oriental Vegetables Spinach Banana and Birthday Cake 1:00 Movie, Serious Man
22 10:30 Dancing, lunch room 11:45 LUNCH MENU Spinach Salad & Black Bean Soup Hard Boiled Egg Whole Grain Muffin Vanilla Yogurt & Bananas  1:00 Social Security Workshop 1:30 Email Workshop	23 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU Mediterranean Fish Brown Rice Pilaf Broccoli & Cauliflower Carrot Raisin Salad Apricot 1:00 Movie, Love Happens
29 10:30 Dancing, lunch room 11:45 LUNCH MENU Stuffed Cabbage Brown Rice w/ baked veggies, feta, broccoli, carrots, zucchini, cucumber, red bell pepper & cherry tomatoes Fruit 1:00 Oral Health Workshop 1:00 Travel Meeting, Multi Purpose A	30 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU Egg Frittata Whole Grain Muffin Three Bean Salad Garden Salad Sugar-Free Gelatin w/ Pineapple  1:00 Movie, Hurt Locker

Mexican Baked Fish

Prep Time: 15 Minutes
 Cook Time: 15 Minutes
 Ready In: 30 Minutes
 Servings: 6

INGREDIENTS:

1 1/2 pounds cod
 1 cup salsa
 1 cup shredded sharp
 Cheddar
 cheese
 1/2 cup coarsely crushed
 corn chips
 1 avocado - peeled, pitted
 and sliced
 1/4 cup sour cream

DIRECTIONS:

1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease one 8x12 inch baking dish.
2. Rinse fish fillets under cold water, and pat dry with paper towels. Lay fillets side by side in the prepared baking dish. Pour the salsa over the top, and sprinkle evenly with the shredded cheese. Top with the crushed corn chips.
3. Bake, uncovered, in the preheated oven for 15 minutes, or until fish is opaque and flakes with a fork. Serve topped with sliced avocado and sour cream.

